

Homeshare rapid evidence review



social care
institute for excellence



Structure of this presentation

- Background to Homeshare
- Aims and objectives of the evidence review
- Key research questions
- Methodology
- Summary of findings under each key RQ
- Overview of main gaps in the evidence base
- ‘So what?’



Background to Homeshare

A householder offers accommodation to a homesharer in exchange for an agreed level of help. The householder may need help with the household tasks, or some financial support, or a combination of both. Homeshare recognises that two people have needs and something to offer. No two programmes are identical, but share common benefits.

Benefits for older people include:

- help with household tasks such as cooking, shopping, cleaning, gardening, and caring for pets
- companionship and friendship
- personal care – for those who are more dependent*
- security – for example having someone in the house at night
- an additional source of income

Benefits for younger people include:

- low cost and secure accommodation
- companionship, especially if they have no family or friends in their new home area
- help to learn or practice a new language – and understand a different culture – if they have moved to a new country



A few figures

- 78,000 and 80,000 young people experience homelessness in the UK in a year (Centrepont/University of York study).
- The number of people aged 60 or over is expected to pass the 20 million mark by 2030
- The proportion of people aged 65+ will rise from 17.7% currently to 23.5% in 2034
- By 2086, about one in three people in the UK will be over 60
- The number of people over 85 in the UK is predicted to double in the next 20 years and nearly treble in the next 30
- The population over 75 is projected to double in the next 30 years
- 3.8 million 65+ live alone. This is 36% of all people aged 65+
- 42 per cent of older households aged 55 to 64 are single, and this proportion increases with age.²⁵⁹
- Nearly 2.5 million people over 75 live alone; 1.8 million of these are women.
- 57 per cent of all older households (and 68 per cent of older home-owners) 'under-occupy', the official definition is at odds with older people's views and preferences.
- In 2010/11, £2.25 billion was spent on older people's social care. This fell to £1.8 billion in 2013/14
- Estimated older people with unmet needs, estimated at 900,000 for England



History and extent of Homeshare

Started in USA in 1972

First formal programme launched in UK in 1993

Currently 11 schemes operating in UK

Home Share International launched in 1999



Structure of Homeshare arrangements

In many homeshare arrangements, the homesharer offers a service in exchange for accommodation, but there is a lot of variation.

- In England, most homesharers give ten hours of service per week to the householder, each paying an administration fee. Householders are typically in their 80s, though the ages range from 70 to well over 90. Homesharers generally have to be 23+ years old and the average age is 27.
- In other countries householders may offer accommodation in exchange for rent or a combination of rent and services.
- In Germany, Austria, and France the younger homesharers give one hour of help per month for every square metre of their room, plus a small rent.



Aims and objectives of the evidence review

As part of the scoping study a rapid evidence review was undertaken to ensure that the HSPP pilot, its evaluation and continued development are founded on current available best evidence.

Search for evidence relating to schemes operating in the UK and abroad

Identification of evaluations undertaken

Highlighting of information/evidence to answer research questions



Key research questions

1. What evidence/information exists that helps contextualise and understand the issues, including potential concerns and barriers for those providing and receiving the home share offer?
2. What evidence exists around what works to develop and deliver HS schemes (i.e. Home Share Good Practice Guide) and in particular around what enables schemes to grow and sustain themselves?
3. What data are available at national and local levels that can be used by the HSPP (for HSPP planning and evaluation purposes)?
4. What if any international, national and/or local initiatives are there that relate or are cross-cutting to the HSPP?
5. What opportunities may exist to 'benchmark' HSPP delivery with other schemes (nationally and internationally)?
6. What are the main gaps in the evidence base related to HSPP?
7. Who are/appear to be recognised experts in or contributors to the field?



Methodology – search strategy

Searches of:

- Google, Google Scholar
- Lancaster university library
- Databases including AgeInfo, AgeLine (AARP), PsychInfo, Social Care Online

Search terms included:

- homeshar* or "home shar*" evidence or evaluat*
- "business case" or "cost effectiveness" homeshar*

Foreign language speakers' searches on:

- "Alojamiento por Compañía" evaluacion (Spain)
- "Wohnen für Hilfe" evaluation (Germany)
- ensemble2generations evaluation (France)

Searches of relevant organisations, including

- Homeshare International
- Shared Lives
- Community Catalysts



Methodology - recording and analysis

Three main searchers; three others for foreign language searches

If article title sounded relevant, abstracts read and logged in spreadsheet – colour coded as to relevance

If abstracts sounded relevant, attempted to obtain whole document; noted if could not obtain

Articles read and notes made related to main RQs and any other information deemed relevant to pilots

Of all the searches, 46 articles/books were deemed relevant, 38 obtained (could not get most books or items available only in hard copy). A further 7 were tangentially relevant, with information about, for example, 'asset-based community development'.

Full details of searches in Appendix.



RQ1: What evidence/information exists that helps contextualise and understand the issues, including potential concerns and barriers for those providing and receiving the home share offer?

Benefits to homesharing for older people

- Reduced living costs
- Receiving help with home maintenance
- Receiving help with instrumental activities of daily living
- Companionship
- Security

Concerns and barriers


- However “most people do not expect or wish to share living quarters with someone they do not know, and will consider it only if their need is pressing...”.
- Between 30% and 90% of all matches end within the first 3 months because of incompatibility. Those which participants defined as successful rarely lasted more than 1 year.



RQ1 cont'd

- Shortage of sharers and trust seem to be greater issues in rural areas

Facilitating factors

- Positive examples may help overcome homesharing reluctance
 - Role models
 - Individualising matches
 - "...homesharing agencies with a clear insight into the needs and preferences of their potential clients, and with strong links to other community agencies, appear to fare best."
 - A paid co-ordinator is essential to establish the scheme and link people together.
 - Successful schemes in European cities have been found to work with university students alongside with university housing teams.
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RQ1 cont'd

Pricing

- UK/England only country charging monthly fees: between £75-150 per participant
- US/Canada schemes publicly funded



Cost/benefit analyses

Australia

- Expect to maintain 32 matches/year, cost \$95,000; save participants over \$832,000 and government \$50,000.
- Homeowners – savings from not having to pay for someone to stay overnight, help around the house, not going into residential care, and savings on sharing utility and food costs
- Homesharers – savings on accommodation, sharing utility and food costs, minus the work they do
- Government - Reducing hospital admissions and delayed discharges, fees for care in the home, respite care, etc., minus the cost of providing some of this at the person's home



RQ1 cont'd

UK*

- Cost £155,000, covered by fees paid by participants.
- Homeowners – paid for homecare reductions, lodger support around the house, being accompanied to the GP, and reduced burglaries: £6,533 each per year.
- Homesharers – savings on accommodation: £1867
- Government - one less hour of housing-related support each week, which the local authority would have paid for (**note**, not in current climate with only high and severe needs receiving care): £1,535

*assumed/potential effects rather than based on actual evidence of impact



RQ2. What evidence exists around what works to develop and deliver HS schemes (i.e. Home Share Good Practice Guide) and in particular around what enables schemes to grow and sustain themselves?

Local schemes work better than those organised on a county-wide basis

A clear business case needs to be developed which captures both social and economic benefits

Coordinators are key and need a large and varied skill set
– able to build networks and mediate

Communications, advertising and marketing need to be broad, constant and ongoing

The Homeshare Good Practice Guides produced by NAAPS in 2011 and Shared Lives Plus in 2014 are the best sources of guidance found



3. What data are available at national and local levels that can be used by the HSPP (for HSPP planning and evaluation purposes)?

National and local needs profile

Older people in need of care

English Longitudinal Study of Ageing data;

- Instrumental Activities of Daily Living and Activities of Daily Living
- Receipt of support (both formal and informal) for care

Age UK's analysis of ELSA data suggests that 900,000 people aged 65 to 89 who need some domiciliary help do not receive any

Older owner occupiers in and around income poverty with a spare bedroom

Understanding Society/Wealth and Assets Survey data;

- Monthly income, expenditure (against HBAI thresholds to discern income poverty)
- Wealth and assets
- Housing tenure
- Number of uninhabited bedrooms



Younger people who cannot afford to rent through standard means

University databases

- Hard-to-reach group to survey

Future care shortage

No firm numbers of potential market (people who need domiciliary assistance but do not receive it), but Humphries (2013) estimated 200,000 pay for it themselves.

Pickard estimates that demand for unpaid care will begin to exceed supply by 2017

Pickard states that by 2032 there is projected to be a shortfall of 160,000 caregivers in England



RQ3 cont'd

Uncertainties associated with long-term projections of the demand for health and social care

Costs saved by keeping older home providers out of hospital could be estimated by using:

Unit costs of health and social care, published by PSRRU in 2014

Data for evaluative purposes

- Length of time waiting for match
- Length of time waiting to start sharing agreement
- Length of share
- Homeowner/homeowner satisfaction with;
 - homeshare agreement
 - Homeowner/homesharer
- Estimated savings



4. What if any international, national and/or local initiatives are there that relate or are cross-cutting to the HSPP?

International

World Homeshare Congress 2009, 2011, 2013

National

Care Act 2014

Local

Local Enterprise Partnerships (LEPs)

Health and Wellbeing

ASCOT - adult social care outcomes toolkit developed by PSSRU designed to capture information about an individual's social care-related quality of life (SCRQoL)

Housing

Homeshare needs to stay below the threshold at which it becomes a regulated service, which means that it cannot involve personal care, and the need to avoid creating tenancy rights presents challenges to keeping it out of various forms of regulation



5. What opportunities may exist to 'benchmark' HSPP delivery with other schemes (nationally and internationally)?

No attempts to benchmark schemes either nationally or internationally have been discovered

Use of the [intergenerational] solidarity [and ambivalence] model to evaluate these kind of programs is recommended by Sanchez et al (2011)

A tool which may be appropriate for benchmarking homeshare schemes is:
Balance - online web-based diagnostic tool for socially enterprising organisations – developed by Mike Bull and colleagues at Manchester Metropolitan University

Accreditation

Quality Mark and Quality Mark Manual developed by Community Catalysts for micro-enterprises – adopted by Oldham Council and other Councils for homeshare programmes



7. Who are/appear to be recognised experts in or contributors to the field?

Homeshare International

Alex Fox, CEO of Shared Lives Plus

Gillian Granville, evaluated age2age Homeshare for intermediate and final reports for HACT; lead of evaluation company Granville and Associates

Jane Coffey, evaluator of Homeshare Pilot Programmes in West Sussex, Oxfordshire and Wiltshire

Lee Whitehead

Business Manager, Crossroads Care Central & North London (closed July 2014) - Homeshare Programme taken over by Novus The London Carers' Centres Consortium)

Kings Fund
and

Joseph Rowntree Foundation
have published studies on homeshare



6. What are the main gaps in the evidence base related to HSPP?

Economic impact/cost-benefit types of analysis

Comparisons with a control group

Formal evaluations

Longer-term follow-up

Data on numbers who might need this service



‘So what?’ 1. What does the evidence mean for the delivery of the pilots?

Matching process is crucial to success, requiring careful development and regulation.

- A large pool of potential homeowners/sharers is key to ensuring a reasonable number of matches
- Important to build in effective strategies for marketing/promotion/referrals
- It has been claimed that 60-100 applicants (more than half being homeowners) are needed to generate a single match

Important to build in development time. It can take between 10 and 18 months to set up a programme and establish networks, etc..

- Identify and establish links with local community and other relevant stakeholders/organisations
- Dedication to building and sustaining relationships with health/care bodies and housing organisations to promote homeshare and encourage referrals



There is a need to focus on swift and effective matching. The time it takes from making an application to getting matched is very long, and many potential housesharers drop out as their circumstances change (e.g. they have to find another place to live).

- CRB checks took at least 6 weeks, were rather intrusive, and expensive, but important. Now DBS checks – might take only 2-4 weeks
- Interviews and reference checks also take time

Challenging negative stereotypes

- This not only affects potential housesharers and householders, but also health/care professionals who are then reluctant to suggest homesharing as an option to clients.
- Positive role models can act as examples of how homeshare schemes can be successful



A paid coordinator is essential - the role requires a widely varied skill set

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- Handling applications and replying to queries
 - Development and adoption of an approval system for matches
 - Mediate homesharing relationships
 - Build networks with health and care, housing organisations
 - Checks/references and interviews need to be carefully developed and monitored
 - Coordinator continuity

Coordinators identified four key challenges within their role:

- Lack of peer support
- Travel requirements
- Out of hours nature of the work
- Long term funding uncertainty



Terms of homeshare agreement need to be clear and jointly arranged

There are administrative issues to consider:

Risk assessment

Legal

Impacts on existing benefits, council tax rate, etc.

Health and safety in the home

Insurance – buildings and home contents



‘So what?’ 2. What does the evidence mean for evaluation design of the two Age UK pilots?

Challenges and opportunities

- Social and economic cost benefits (business and social ‘capital’)?
- Experimental (?)
- Change over time – participants short-term participation
- Relatively small numbers in terms of take-up (and short periods)
- Identifying and explaining outcomes and impacts
- Realistic: addressing localism and benchmarking
- Action, engagement and ownership
- Hard and soft measures of impact and outcome
- Clarity around what we want to be able to say
- Rapidly changing landscape of social care




‘So what?’ 2. What does the evidence mean for evaluation design of the two Age UK pilots?

Implications for evaluation design

- **Early site profiling vital**
 - Conduct profiling in both action and potential comparison areas, feasibility
- **Small numbers**
 - Difficult for QE/experimental design
 - Secondary data and comparative analysis
 - Extrapolation
- **Context is king**
 - Theories of change/adjustment of evaluation over time over time
- **Timescales and sustainability**
 - Needs at least two-years
 - Longitudinal
 - Tracking of participants



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